

4-H AFTERSCHOOL PROGRAM in KENT SCHOOL DISTRICT

Savoring homemade biscuits was one of the culminating activities of the 4-H nutrition and cooking project presented this year for the 240 students in the Kent Afterschool Program. Students in grades 4-6 participated in this project in which they learned to measure several types of ingredients, plan a healthy meal based on the new MyPyramid food guide and work cooperatively in a group.

Activities were selected to help students



4-H Educator, Ms. Chelle, demonstrates accurate measuring of dry ingredients before students practice it on their own.

Photo S. Lerner

learn academic as well as social skills.

For example, the measuring activity offered students the opportunity of learning to measure through actual experience, following the 4-H strategy that is often a very effective way to learn. Students eagerly awaited their 4-H project time each day. Project evaluations included comments about “having fun learning to cook my own snacks” and “wanting to learn to make a whole meal by myself.”

Program Goals:

- To increase math and reading skills
- To increase life skills in problem solving, conflict resolution and goal setting
- To learn to take successful photographs
- To learn to make effective oral/graphic presentations

The Urban 4-H Program in Kent is being delivered at the schools serving students in need. Many of our youth participants are homeless, living in poverty and behind in their academic skills. 4-H is one part of their overall Afterschool programming. Each day the students receive a healthy snack, help with their homework, some physical activity and at least one “special” activity like 4-H.

4-H Afterschool is a nationally-recognized program providing education in important life skills as well as specific interest areas through the use of curriculum published by 4-H. There are several dozen different curriculums, all written by teams of experts in the topic areas and youth development. Curriculums are juried and revised regularly. Each series of curriculum books is designed at increasing levels of difficulty so that youth of any age can begin at their appropriate level of skill and advance throughout the curriculum. Each curriculum series has a leader's guide written for use by the volunteer or paid 4-H leaders.



This year's program Educator was Chelle Herbruger. Chelle is a lifelong 4-H member, having been in 4-H herself as a youth. She now co-leads the “A Book of Adventure” 4-H Club and guides youth in sewing, cooking, and community service projects.

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